



Vegetarian Spaghetti Sauce

Makes 6 servings

Serving Size: $\frac{3}{4}$ cup

2 Tbsp olive oil
2 small onions, chopped
3 cloves garlic, chopped
1 $\frac{1}{4}$ cups zucchini, sliced
1 Tbsp dried oregano
1 Tbsp dried basil
1 8 oz can tomato sauce
1 6 oz can tomato paste*
2 medium tomatoes, chopped
1 cup water

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over whole grain spaghetti.

** To reduce sodium, use a 6 oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.*

Per Serving:

Calories: 105

Total Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 479 mg

Protein: 3 g

Carbohydrate: 15 g

Calcium: 49 mg

Magnesium: 35 mg

Potassium: 686 mg

Fiber: 4 g

